



Kiewit ***FITNESS CLASSES***

**REGISTER AT 2ND FLOOR COFFEE SHOP
CLASSES HELD IN GROUP STUDIO
INSTRUCTORS: FIT IN THE CITY**

**STRENGTH TRAINING
MONDAY & WEDNESDAY 1115-NOON**

**YOGA
MONDAY & WEDNESDAY 1215-1PM**

**CYCLE & CORE-NEW
TUESDAY & THURSDAY 1115-NOON**

**TOTAL BODY ZONE-NEW
TUESDAY & THURSDAY 1215-1245PM**

**CORE 30/ZUMBA 30
FRIDAY 1115-1145AM & 1145-1215PM**

**NOVEMBER-DECEMBER
\$50.00 UNLIMITED
\$25.00 INTERN ONLY**

